

WESTFORD COUNCIL ON AGING NEWSLETTER

OCTOBER 2015

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.

20 PLEASANT ST., WESTFORD, MA

978-692-5523.

www.westfordma.gov/coa



MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life. The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

Jennifer Claro
Director of Elder Services

Alison Christopher
L.I.C.S.W./Social Worker

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire France Records Supervisor
Marjorie Hunter Registrar
Jean Mahoney Registrar
Eugene JungbluthLead Van Driver Admin
Charles Dutton ..Lead Van Driver Dispatch
Marie LawrenceNutrition Site Manager
Christopher Mitchell Maintenance
Peter MurphyEvening Supervisor
Katherine Russell...Senior Asst./Vol. Coord.

Helena Crocker.....Chair

COUNCIL ON AGING BOARD MEMBERS

Robert TierneyVice Chair
Nancy CookClerk

Dorothy Hall, Patricia Holmes,
Ret. Chief George Rogers,
Kathryn Wilson

Edward GreenwoodPresident

FRIENDS OF THE CAMERON OFFICERS

Richard Severyn Vice President
Joyce CederbergSecretary
Joyce Newton Treasurer
Barbara Upperman..... Asst. Treasurer

CAMERON SENIOR CENTER WILL BE CLOSED COLUMBUS DAY, MONDAY, OCT. 12

REMINDERS: TIME FALL BACK AND ALARM CHECK-UP

TIME CHANGE – Saturday, Oct. 31 – Set clocks back one hour

CHECK SMOKE & CARBON MONOXIDE DETECTORS

Cameron Senior Center and Westford Fire Department are partnering to assist seniors who need help changing smoke & carbon monoxide detector batteries. If you require assistance, call the Cameron at 978-692-5523. You will be notified when the Fire Department is available. **Please do not call the Fire Department. If you live in a condo, your condo association should take care of this for you.** Please note that smoke detectors should be replaced every 10 years.

HARVEST FAIR – Friday & Saturday, Oct. 23 & 24, from 8 a.m.- 2 p.m.

Start your holiday shopping early! Come enjoy a day of camaraderie at this fun event, sponsored by the Friends of the Cameron Senior Center. There's something for everyone: handmade and quilted items, penny sale, wonderful baked goods, jewelry, Cameron Senior Center apparel, white elephant table, raffles, silent auction and food (hot dogs, soda, donuts & coffee). Proceeds support programs and services of the Cameron Senior Center. The public is welcome to rent a table – just \$15! Call 978-692-5523 for an application. **VOLUNTEERS NEEDED FOR SET-UP THURSDAY, OCT. 22, AT 12:30 P.M. AND CLEAN-UP SATURDAY, OCT. 24, AT 2 P.M.**

SENATOR DONOGHUE HOSTS ICE CREAM SOCIAL

Thank you to Senator Donoghue and her staff who served delicious cake and



wonderful ice cream sundaes, which were enjoyed by all!!!

Director's Message

Can you help? Just a little creativity for a **great** cause! The Friends of the Cameron Senior Center have generously supported the Cameron in many ways, such as their \$24,000 donation to help absorb the costs of all our exercise programs over the next two years, as well as special events and daily enrichment programs.

This October 23 and 24, they will host a fantastic Harvest Fair. The Friends are excitedly working on this now in hopes of raising money to continue to support the programs and needs of our center. They would welcome your assistance to make this event a fabulous success.

Anyone interested in making a Fun Raffle Basket? I'd like to ask for your help – all you need is a little creativity, a few dollars – and you'll reap lots of fun. There are no directions or guidelines to making a Raffle Basket – all ideas and themes are welcome. If you'd like to provide a basket, please let the basket committee know (Joyce Newton, Dave Loiselle or me!). We truly appreciate your support.

Also, baked goods are needed for the bake sale table (yum, yum)! Contributions gladly welcomed.

With great appreciation,

– *Jennifer Claro, Director*

THANK YOU REPRESENTATIVE ARCIERO!

We would like to thank Rep. Jim Arciero, his aide Jeff Tucker and his staff for a wonderful August cookout here at Cameron. Good food and pleasant conversation was enjoyed by all that attended. Many thanks!!

NEW QUARTERLY VETERAN'S LUNCHEON



This new
being
in

with Terry Stader, Veterans Services Director, and American Legion Post #159. Also, special thanks to Bill Vullo for all his enthusiasm and efforts.

program is
sponsored
partnership

MUSIC MAKERS CONCERT – Friday, Oct. 2, 9:30 a.m.

News and Events

Cameron's own Music Makers chorus is having a concert! They will be performing upbeat, American folk and patriotic music. You will know many of the tunes, so don't be afraid to sing along! To sign up, call the Front Desk at 978-692-5523.

FALL YARD CLEANUP – Sign-up by Friday, Oct. 9.

Due to the increasing requests for this service and limited number of volunteers, we ask that residents sign-up *only if they have no other means for yard work to be done*.

We will do our best to solicit volunteers and match volunteer groups with residents, but we will be prioritizing seniors with a demonstrated need – financial, physical, etc. Call 978-692-5523 to add your name to the request list – but, please know that we cannot guarantee service. For questions, call Annette, Outreach Coordinator, at 978-399-2326.

MEDICARE OPEN ENROLLMENT – Oct. 15 - Dec. 7

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan by the end of September outlining changes to be made for 2016. It is important to **review, understand and save** this information!

During Medicare Open Enrollment (Oct. 15-Dec. 7), you will be able to change your plan for next year. If you need help understanding upcoming changes and your options, a trained SHINE counselor can help. For FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs, call 978-692-5523 for a SHINE appointment.

HEALTH INSURANCE INFORMATION DAY – Oct. 21

We are hosting an informational day for seniors and families to come learn about health insurance options. Currently, a rep from Fallon Senior Health is coming Wednesday, Oct. 21, from 1-3 p.m. We plan to get other insurance reps for this day. The goal is to provide members and non-members with plan updates and an opportunity to ask questions. Please call 978-692-5523 to sign up.

HALLOWEEN PARTY – Friday, Oct. 30, at 1 p.m.

Welcome all "ghosts and ghouls" alike! Join us for a Halloween celebration. We'll have music and spooky snacks. Wear your best Halloween costume and you could win a prize! To sign up, call 978-692-5523.

BIRTHDAY CELEBRATIONS

Were you born in October or November? If so, come join us for cake and ice cream in the Welcome Area at the Cameron. RSVP to 978-692-5523 at least two business days ahead:

- **Thursday, Oct. 29, at 12:30 p.m.** ~ October birthdays

Food & Friendship

- **Thursday, Nov. 26, at 12:30 p.m.** ~ November birthdays

BREAKFAST – Monday-Friday from 8:30 - 9:30 a.m.

Includes: oatmeal, muffin, milk and juice. Breakfast to go is also available. Stop at the front desk to sign-in. Limit one breakfast per person per day.

WOMEN'S BREAKFAST – Thursday, Oct. 8, at 8 a.m.

Come learn about Westford's Parker Village from Geoff Hall. To RSVP, call 978-692-5523 at least two business days ahead, so we can plan for food. Next breakfast: Nov. 12, featuring Gerry Abegg's recent trip to Turkey.

MEN'S BREAKFAST – Tuesday, Oct. 13, at 8 a.m.

Public Health Nurse Gail Johnson, BSN, R.N., will speak on fall prevention and healthy living for seniors. RSVP at least two business days ahead to 978-692-5523 or achristopher@westfordma.gov. Next breakfast: Nov. 10, featuring Gerry Abegg's recent travels.

LUNCH – Monday - Friday at 11:30 a.m.

Elder Services of Merrimack Valley provides anyone age 60 and over with low-cost nutritional meals at Cameron. Lindley Food Service is the caterer. For reservations, call 978-692-5523, between 8–10 a.m., a minimum of two days in advance. Donation is \$2. If spouse/partner is under the age of 60, the cost is \$4.50.

LUNCH & LEARN PROGRAM

Please RSVP at the Front Desk or 978-692-5523 for these free programs, so we can plan food quantities. The first 18 people are guaranteed food. Space is limited.

- **Friday, Oct. 16, at 12:15 p.m.** Come learn about **Habitat for Humanity** and the wonderful services they offer the community. The program runs from 12:30 to 1:30 p.m. Discussion will include: Habitat's Mission, Critical Repair program, Cars for Homes donation program, RESTORE thrift shop and volunteer opportunities.
- **Friday, Nov. 13, at 12:15 p.m.** "Let's Go Fly a Kite" or come learn how to build one!

RESTAURANT REVIEW

Wednesday, Oct. 28, at 11:30 a.m.

Dream Diner, 384 Middlesex Rd, Tyngsboro. Please pre-register at 978-692-5523, so we can ensure adequate seating. When you arrive, check in under "Westford Senior Center." Bon Appétit!

GAINING GROUND

Gaining Ground, a non-profit organic farm in Concord, MA, helps many communities by growing and donating fresh vegetables and fruits to meal programs and food pantries in the area. All are welcome. Food is distributed **Thursdays at 12:30 p.m. at the Cameron.**

MEALS ON WHEELS – Monday through Friday.

Along with traditional meals, five special diets are now available to clients, with a doctor's authorization. Meal deliveries are to your door, Mondays - Fridays, around noon. Call 1-800-892-0890 to register.

VOLUNTEER DRIVERS WANTED, CALL 978-399-2330.

BOARD OF HEALTH CLINIC

Monday, Oct. 5, from 9:30 - 11:30 a.m. Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton. By appointment only. Call the Board of Health at 978-692-5509 to book your 40-min. appointment.

Health & Wellness

FLU CLINICS

As in years past, regular flu vaccine will be offered to all Westford residents age three years and older at the clinics listed below. Children under 18 **must** be accompanied by a parent. Because of limited pediatric vaccine, we request that children under 36 months of age receive their vaccine from their medical doctor. The following **FREE** walk-in clinics are available:

- **Tuesday, Oct. 6, from 6-8 p.m.**, Millennium School
- **Wednesday, Oct. 28, from 6-8 p.m.**, Millennium School
- **Friday, Oct. 30, from 10 a.m.-noon**, JV Fletcher Library
- **Friday, Nov. 13, from 10 a.m.-noon**, JV Fletcher Library

Homebound individuals who require a home visit should contact the Health Department at 978-692-5509 to schedule an appointment.

This program is **free**, but please bring your **health insurance information**, as the town can seek reimbursement from insurance carriers.

BLOOD PRESSURE & MORE – Health screenings

including: a blood pressure reading, medication review, weight check and an opportunity to discuss other concerns are available at the Senior Center:

- **Tuesday, Oct. 13, at 9 a.m.** with Board of Health.
- **Monday, Oct. 26, at 8 a.m.** with Circle Home, Inc.

CHOLESTEROL SCREENING

Friday, Oct. 16, from 8:30 - 11:30 a.m. at the Town Hall, 2nd floor conference room. Test will provide information on Total and HDL levels using finger-stick

blood draw method. Blood pressure will also be screened. Quick and convenient. No fasting required. Appointments necessary. Call 978-692-5509 to schedule. **Fee: \$15.**

PODIATRY CLINIC – Monday, Nov. 9, at 9:30 a.m.

Podiatrist is Dr. Aileen Gregorian. Advance appointments are necessary. Call: 978-692-5523. **Cost is \$30.**

THANKS TO THE GENEROSITY OF THE FRIENDS OF THE CAMERON SENIOR CENTER, EXERCISE CLASSES ARE FREE.

WE INVITE ALL TO PARTICIPATE

NOTE: PLEASE SEE MONTHLY CALENDAR ON PAGE 9 FOR CLASS LISTINGS

PLEASE CONSIDER A DONATION TO 'THE FRIENDS'

BONE BUILDERS – Balance & strength building

Fitness and Exercise

- **Mondays & Wednesdays at 9:30 a.m.**
- **Tuesdays and Thursdays at 1 p.m.**

To enroll, call 978-692-5523. Stop by to complete required paperwork prior to starting a class.

Volunteer leaders wanted for Bone Builders classes. Contact Pat FitzGerald at pfitzgerald99a@verizon.net or at 978-621-7734 for information.

FITNESS/STRENGTH TRAINING ROOM

Monday – Friday, 8 a.m. - 3:30 p.m.

Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. \$50 annual fee for residents age 60 and up; \$25 for residents age 80 and up. Participants must register, complete a liability waiver form, and attend a training session on the equipment. You may be eligible for reimbursement through your insurance.

T'AI CHI – Mondays at 1 p.m. Open to new participants Register at 978-692-5523.

With autumn, many programs are returning at the center and new ones have been added. This is a busy time of year for people completing yearly applications for fuel and tax relief assistance. Remember, we are here to support you through these renewals. Feel free to call and make an appointment for a home or office visit. Hope to hear from you.

– Annette, Outreach Coordinator, 978-399-2326

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support groups.

Outreach & Support

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m. For information, call Sandy at 978-758-6072.
- Chelmsford Senior Center, 2nd and 4th Monday each month at 1 p.m. For information, call 978-251-8880.

COMPANION & RESPITE CARE – Provides supervisory care for those age 60 and up and/or disabled residents to allow caretakers a time of rest. Available days, evenings, overnights and weekends, on a temporary or permanent basis. For information, call Chelmsford Senior Center at 978-251-8491.

BILLIARD TABLE – Monday-Friday 8 a.m. - 3:30 p.m.

Thanks to the Friends of the Cameron Senior Center, we now have two tables available for your enjoyment. If you want to partner up, players are available Tuesdays & Thursdays at 8:30 a.m.

BINGO – Mondays, 1–3 p.m. & Thursdays, starting at 6:45 p.m. Doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322 in advance.

BOWLING – Wednesdays at 9:00 a.m. at Brunswick Lanes in Lowell. There is a fee to bowl. Seeking 3-4 people to form another team. Call Jack at 978-692-7889 for information.

Ongoing Activities

DE-CLUTTERING GROUP – Thursdays, bi-weekly, 3-4 p.m. Interested in learning new skills to de-clutter your home & belongings and get support while doing so? This group, led by Colette Coleman, MSW, LICSW, started in September and runs for 10 bi-weekly sessions. Each meeting features a different topic related to de-cluttering and related challenges. If interested, call Alison at 978-399-2325 to inquire about openings.

GENEALOGY WORKSHOPS

Are you interested in researching your family's ancestry? Private, one-on-one genealogy consultations with an expert are available. Call 978-692-5523 to arrange a mutually-agreeable time to meet.

INTRO-COMPUTER – Interested in learning basic computer skills? Call 978-692-5523 to sign up. Instructor Mary Eve will set up a convenient time. We have WiFi.

MAHJONGG – Thursdays, from 1-3 p.m.

Regular scheduled weekly Mahjongg games. The center has two sets, so come and have an afternoon of fun.

MONTHLY MOVIES

Movies will be shown monthly on Fridays, at 1:30 p.m. in the Cameron Sitting Area. Please sign up at the front desk 978-692-5523 if coming.

- **Oct. 9** – “Second Hand Lions” (2003) with Haley Joel Osment, Michael Caine and Robert Duvall.
- **Nov. 20** – “Julie and Julia” (2009) with Meryl Streep and Amy Adams.

To suggest future movies, call Katie at: 978-399-2330 or email: krussell@westfordma.gov.

WATERCOLOR CLASS – Tuesdays, 10 a.m.-12 p.m. If you enjoy painting, please join us!

VETERANS SERVICES – Thursdays, 8 a.m. to noon. Meet with the Westford Veterans' Agent/Veterans Service Officer Terry Stader at the Cameron Senior Center. His regular office, located in the Millennium Building behind Abbot School, 23 Depot Rd., is open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. Call 978-392-1170 or visit <http://westfordma.gov/veterans> for more information.

ASK THE OFFICER – Thursday, Oct. 8 from 11 a.m. to 12 noon. Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation 2nd Thursdays each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

Support Services

MEET THE REALTOR – Monday, Oct. 19, at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron. Call: 978-692-5523.

SHINE – Monday, Oct. 19, at 1 p.m. Serving the Health Insurance Needs of Everyone. For an appointment to answer your health insurance questions, call the Cameron Senior Center at 978-692-5523.

SHINE PRESENTATION – Thursday, Nov. 5, 1-3 p.m. For anyone wishing to learn more about changing their insurance coverage during the Medicare open enrollment period (Oct. 15-Dec. 7) or for those about to become eligible for Medicare, this SHINE presentation is for you. To register, call 978-692-5523.

ASK THE LAWYER – Tuesday, Nov. 10, at 9 a.m. Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

TRANSPORTATION

For rides to medical appointments, shopping or trips to the Senior Center, call 978-399-2322 at least 48 hours in

advance, to schedule a ride. Every Wednesday, trips to Market Basket are available. The cost for a round-trip ride within Westford is \$3; for surrounding towns is \$6; and for outlying towns is \$8. We also transport to: Ayer, Burlington, Chelmsford, Concord, Groton, and Lowell. Should you need to cancel the day of your ride, please **call the front desk at 978-692-5523**.

CAMERON CLOSET

MONDAY - FRIDAY, 9 A.M. - 3 P.M.

All are welcome to shop for bargains, clothing, jewelry, and household items at our thrift shop. Great purchases!

NOW ACCEPTING FALL CLOTHING & HOUSEHOLD ITEMS

~ ALL CLEAN AND IN GOOD CONDITION ~

FOOD PANTRY

The Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers. Hours are:

- **Mondays: Oct. 5 & 19**, from 1:00 - 3:30 p.m.
- **Wednesdays: Oct. 7 & 21**, from 8:30 - 11:30 a.m. and **Oct. 14 & 28**, from 6 - 8 p.m.
- **Thursdays: Oct. 1, 8, 15, 22 & 29**, from 8:30 - 11:30 a.m. and **Oct. 8**, from 6 - 8 p.m.
- **Friday: Oct. 9**, from 8:30 - 11:30 a.m.
- **Saturdays: Oct. 3, 10, 17 & 31**, from 9 - 11 a.m.

SEEKING DONATIONS OF NON-PERISHABLE FOODS
[PLEASE NO GLASS CONTAINERS].

PROPERTY TAX PAYMENT – Monday, Oct. 26 from 12 - 12:30 p.m. A representative from the Tax Collector's Office will be at the Senior Center to accept tax payments. You must pay by check and you need to have your tax bill with you at that time. We are handicapped accessible.

SOCIAL SECURITY – Reminder

When you receive your benefit letter from Social Security this fall, please **SAVE** it in a safe place! This letter is required to apply for many financial assistance programs.

FITNESS REIMBURSEMENT – As an incentive for people to get fit and stay healthy, many health insurance companies offer a fitness rebate up to \$150 for participating in an approved fitness center. The Cameron

Financial Info

Senior Center qualifies as such with several insurance companies. Please check with yours. Get a Fitness Rebate Form and submit it with proof of fitness center membership and payment, for the previous year's fitness.

PRESCRIPTION ADVANTAGE – Need help paying for prescription drugs? Prescription Advantage, a state-run program, helps many seniors pay for these costs. There

is no charge for joining, if your annual income is less than \$35,011 for a single person and \$47,191 for a married couple. There is **NO** asset limit! For information, call 978-692-5523 and ask for a SHINE appointment – or call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their website at: www.prescriptionadvantagemma.org.

The money you save can be your own!

NEED HELP PAYING FOR GROCERIES?

If you are 60 years or older, you may qualify for food assistance via the Supplemental Nutrition Assistance Program (**SNAP**). For info, call the Food Source Hotline at: 1-800-645-8333.

FUEL ASSISTANCE

For those who received fuel assistance last year, re-certification applications are mailed directly to recipients by CTI. Please complete and return these, ASAP, as applications are processed in the order in which they are received. If you need help, call Alison at 978-399-2325 or Annette at 978-399-2326.

New applicant appointments begin in November at the Senior Center. If interested in applying for fuel assistance for this heating season, call Alison at 978-399-2325. If you are a new applicant with a termination notice on a gas or electric bill, or you want to file your application before November, please call CTI at 978-459-6161 to schedule an appointment to avoid termination of utilities.

HOUSEHOLD SIZE	MAX. GROSS INCOME
1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704

T.R.E.A.D APPLICATIONS

Tax Relief for the Elderly and Disabled applications are available at the Cameron front desk or by calling 978-692-5523. Adopted by the Town in 1997 under Mass Law Chapter 60, Section 3D, the purpose of the fund is to defray the real estate taxes of people over age 65 and disabled persons of low income. Completed applications were due this summer; however, contact Social Worker Alison Christopher, at 978-399-2325 about the possibility of filing a late application. T.R.E.A.D. awards vary yearly as funds are dependent on private individual and business donations.

No Town funds are used. Voluntary tax-deductible donations are always accepted and can be made payable to the Town of Westford T.R.E.A.D.

ACORN TO OAKS – Pen Pal Program

So many youth are technologically savvy, but do they know the joy of letter writing and receiving? We are considering reviving the program that Mickey Crocker once started. If you would be interested in writing occasional letters to a 5th grader, call 978-692-5523 to sign-up for this memorable experience.

BOARD MEETINGS

Friends of Cameron – Thursday, Oct. 1, at 12:30 p.m.
COA Board – Wednesday, Oct. 14, at 4 p.m.

DID YOU KNOW...

Comcast offers a \$2 discount per month off its **Digital Starter** cable TV package to seniors 65 or older that are on SSI or Medicaid/MassHealth. Subscribers must show proof of qualifications. Contact your Comcast provider to apply. For questions, call Annette at 978-399-2326.

SAND BUCKETS

If you are in need of a free bucket of sand to be delivered to your home late this fall, please call 978-692-5523.

Harvest Fair

Donations Wanted

Craft items, jewelry, raffle baskets, gift cards/
certificates & other items for the silent auction.
Baked goods...all sorts & varieties!

**PLEASE DROP ITEMS OFF AT CAMERON
CLEARLY LABELED FOR THE HARVEST FAIR.**

Help Needed

We could use help with set-up and clean-up.

Thank You!

Are You Interested?

GOLF

Tuesday mornings at Quail Ridge, Great Road, Acton.
Fee is \$25 per week, including an electric cart, if you pre-register at Cameron by calling 978-692-5523. Arrive at Quail Ridge at 8:30 a.m., pay at the Club house and be ready to hit the links by 9 a.m. Weekly count is required. Note: Oct. 13 – arrive by 9:30 a.m. and tee off at 10 a.m.

HOLIDAY BASKETS

Donations are needed for our upcoming holiday food basket program. For info, call Katie at 978-399-2330 or email: krussell@westfordma.gov.

MOBILE LIBRARY

Do you enjoy reading books and magazines, watching movies or listening to stories, but can't get to the library? If you are physically unable or lack transportation, Westford's JV Fletcher Library has a service that can help. Call July Madsen at 978-399-2301 to take advantage of the wonderful services the library offers.

SENIOR TO SENIOR INITIATIVE

Connect with a Westford Academy student and see how

rewarding that can be! If you have a desire to connect with a student to socialize, get computer assistance, attend WA events, etc., contact Annette at 978-399-2326.

TRAVELING POOL LEAGUE

Looking for players to start a traveling pool league to compete with other Senior Centers such as Bedford, Billerica, Chelmsford and Tewksbury. If you are interested call Mike at 978-692-3870.

VEHICLE DONATIONS

The Friends of the Cameron are pleased about our new partnership with Christmas Motors of Maynard, who will auction donated autos or trucks (running or not). 100% of the proceeds will go toward funding Cameron Senior Center programs. Your vehicle donation is tax deductible. For info, call Paul Theroux at 978-399-0289.

SOCIAL DANCE – Wednesday, Nov. 4, at 1 p.m.

We've booked the entertaining DJ Jon Mansfield again! We will offer a hot lunch of chili, cornbread, drink and dessert, from 1-1:30 p.m. The dance will be from 1:30-3:30 p.m. To sign up, call 978-692-5523. Dance-only is \$3; lunch plus dance is \$8.

SENIOR PHOTOS – Thursday, Nov. 5, from 5 - 8 p.m.

We are thrilled to offer FREE 15-minute sessions with an experienced photographer for seniors to have their pictures taken – with or without their family and/or friends. Your photos will be posted on a safe website, where you can purchase different sizes and quantities. Photos make nice gifts for the holidays. Come, dress up, pose and SMILE! Sign up at 978-692-5523.

AFTERNOON OF HARP MUSIC – Friday, Nov. 6, 1 p.m.

Enjoy and listen to a free afternoon of lovely classical and popular music, including a harp demonstration with Harpist Rebecca Swett at the Cameron. Rebecca has performed at many local businesses and venues, including our Gay 90's Luncheon. Refreshments will follow her performance. To sign up, call 978-692-5523 by November 2.

FALL LEAF PICK-UP – Saturdays, Nov. 7 and Dec. 5.

Future Events

The Acme Company has agreed to have two leaf pickup days, as noted above. Filled bags need to be curbside by 7 a.m. on collection day. Cost is \$1.25 per bag with a minimum charge of \$20 per pick up. You need to attach your payment, payable to Acme, to one of the bags. **You must call the town clerk's office at 978-692-5515 to get placed on the schedule for pick up.**

WALK FOR THE POOR – Wednesday, Nov. 11.

St. Catherine's Church is sponsoring a local walk to support local food banks, including the Cameron food pantry. To show our appreciation, we are seeking folks who would be interested in passing out water bottles, holding signs and cheering on the walkers from 9 to 9:30

a.m., as they pass by the Cameron. If this opportunity to show gratitude moves you, please call Annette at 978-399-2326. Much thanks.

HAM & BEAN SUPPER – Saturday, Nov. 21, at 6 p.m.



The Annual Ham and Bean Supper, sponsored by the American Legion Post 159 and the Franco American Club, will be held November 21, at the Franco American Club. There is no charge for the dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

THANKSGIVING DINNER – Sunday, Nov. 22, at noon.

For the 17th year, Jim Geraghty, family and friends, are graciously hosting a Turkey Dinner for Westford seniors age 60 and over, November 22, at Westford Academy. Bingo will be from 10 a.m. - noon, with lunch afterward. Volunteers will serve this full-course homemade dinner to you. Seating is limited. Reservations are necessary, so please call 978-692-5523.

HOLIDAY LUNCHEON – Wednesday, December 2

Join us for a catered luncheon, sponsored by the Friends of Cameron, at the Franco American Club. **Doors open at 10:30 a.m.** Lunch, prepared by Shirley Caterers, will be served around 11:30 a.m. Fee for residents is \$7; for non-residents \$15. For reservations, call 978-692-5523 **by November 20.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2015 	Elder Services of Merrimack Valley Suggested donation is \$2.00 per meal. All meals served with low-fat milk, bread, margarine and dessert.	LUNCH 11:30 am MENU SUBJECT TO CHANGE WITHOUT NOTICE	1 Cheese Lasagna with Marinara Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit	2 Salmon Boat Roasted Seasoned Potatoes Broccoli Dinner Roll Mixed Fruit
5 Chicken Fajitas Rice Sliced Carrots Tortilla Sliced Peaches	6 Baked Fish Sliced Red Potatoes w/ onions Italian Herbed Green Beans WW Dinner Roll Lemon Pudding	7 Meatball Sub Potato Salad Spinach Salad with Mandarin Oranges Seasonal Fresh Fruit	8 Glazed Pork Loins Scalloped Potatoes Mashed Cauliflower Dinner Roll Brownie	9 Tuna Noodle Casserole Peas Carrots WW Bread Seasonal Fresh Fruit
 CLOSED COLUMBUS DAY HOLIDAY	13 Chicken Marsala over Bowtie Pasta Garlic Green Beans Natural Grain Bread Ginger Cookie	14 Shaved Steak w/ peppers and onions Oven Brown Potatoes Romaine Blend Salad Soft Sandwich Roll Sliced Pears	15 <i>October Special</i> Roast Turkey Dinner w/ stuffing Mashed Potatoes and gravy Glazed Carrots Cranberry Sauce WW Dinner Roll Pumpkin Bread Chocolate Pudding	16 Stuffed Shells with Tomato Sauce Sautéed Spinach Oatmeal Bread Seasonal Fresh Fruit
19 Tuna Salad over Shredded Lettuce Kidney Bean and Chickpea Salad Garlic WW Dinner Roll Oatmeal Cookie	20 Baked Ham Red Bliss Mashed Potatoes Chef Blend Vegetables WW Dinner Roll Mixed Berry Fruit Crisp	21 Pot Roast w/ gravy Mashed Turnip Broccoli Dinner Roll Seasonal Fresh Fruit	22 <i>Monthly Birthday</i> BBQ Chicken Roasted Seasoned Potatoes Sliced Carrots Natural Grain Bread Birthday Cake	23 Macaroni and Cheese Stewed Tomatoes Baked Cinnamon Apples Rye Bread Sliced Pears
26 Pork Diane Mashed Sweet Potato Steamed Red Cabbage Honey Wheat Roll Apple	27 Egg Salad on Shredded Lettuce English Pea Salad Whole Wheat Pita Half Seasonal Fresh Fruit	28 Potato Crusted Fish Roasted Red Garlic Potatoes Broccoli Dinner Roll Pumpkin Cake	29 Meatloaf with Gravy Mashed Potatoes Sliced Carrots Natural Grain Bread Sliced Peaches	30 Chicken Parmesan with Marinara sauce Pasta Green Beans WW Dinner Roll Seasonal Fresh Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2015 			1 Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm Bingo 6:45 pm	2 Breakfast 8:30-9:30 am Aerobics 8:30 am Music Makers Concert9:30 am Ping Pong 10 am Wii 1 pm
5 Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Hearing Clinic 9:30 am Art/Open Studio 12 noon Mahjongg Lessons 1 pm SHINE 1 pm Food Pantry 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm	6 Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	7 Breakfast 8:30-9:30 am Food Pantry 8:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm	8 Women's Breakfast 8 am Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm Food Pantry 6-8 pm Bingo 6:45 pm	9 Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Wii 1 pm Movie 1:30 am
12  CLOSED COLUMBUS DAY HOLIDAY	13 Men's Breakfast 8 am Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Blood Pressure 9 am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	14 Breakfast 8:30-9:30 am Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Food Pantry 6-8 pm	15 Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Mahjongg 1 pm Bone Builders 1 pm Hand & Foot 1 pm Bingo 6:45 pm	16 Breakfast 8:30-9:30 am Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Lunch & Learn 12:15 pm Wii 1 pm
19 Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Meet the Realtor 10 am Art/Open Studio 12 noon Food Pantry 1 pm Mahjongg Lessons 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm	20 Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	21 Breakfast 8:30-9:30 am Food Pantry 8:30 am Insurance Open Enrollment9am - 3pm Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm	22 Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Mahjongg 1 pm Bone Builders 1 pm Hand & Foot 1 pm De-Cluttering Group 3 pm Bingo 6:45 pm	23 Breakfast 8:30-9:30 am Aerobics 8:30 am Friends Harvest Fair9am - 2pm Ping Pong 10 am Wii 1 pm
26 Blood Pressure 8 am Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon Mahjongg Lessons 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm	27 Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	28 Breakfast 8:30-9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Food Pantry 6-8 pm	29 Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Oct. Birthday 's 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm Bingo 6:45 pm	30 Breakfast 8:30-9:30 am Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Wii 1 pm Halloween Party 1-3 pm

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PAYMENT TO ‘TOWN OF WESTFORD’ IS DUE AT SIGN-UP.

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**TRANSPORTATION DEPARTS AND RETURNS FROM THE
FRANCO AMERICAN CLUB, 55 WEST PRESCOTT ST.
PLEASE PARK AT THE REAR OF THE LOT.**

Tuesday, Oct. 6 – “Mohawk Trail Foliage Tour.”

Fox Tours’ presents a relaxing foliage tour west through Massachusetts, along the Mohawk Trail. Visit Shelburne to see the famous Bridge of Flowers. Enjoy a lunch at Chandler’s with choice of baked scrod or chicken. Afterward, travel south to Pioneer Valley and visit Atkins Farm for shopping. Trip departs at 8:45 a.m. All-inclusive trip cost (including gratuity) is \$70 p/p.

Tuesday, Oct. 6 – Foxwoods. Buckingham Motor Coach departs at 7:15 a.m. Includes bonus and food coupon. Bus fare (including gratuity) is \$30 p/p.

Friday, Oct. 9 – “Fruitlands Museum Trip.”

Travel with us to the Fruitlands Museum in Harvard, MA, for a guided walking tour, followed by lunch on your own at the Café. This tour may not be handicapped friendly. Cost of transportation plus tour is \$20 p/p. Meet at the Cameron Senior Center at 9:15 a.m. Van departs at 9:30 a.m.

Tuesday, Nov. 10 – “Manhattan Dolls Through the Decades Honoring New England Veterans.”

Best of Times presents this Manhattan Dolls musical performance at the Flying Monkey in Plymouth, NH. The repertoire blends beautiful ballads and toe-tapping tunes from the 1930s to the 1960s. The show features classic USO fashion and honors our brave men and women in the military. Buffet luncheon at the Common Man Inn in Plymouth. Entrees: Yankee pot roast or baked lasagna. All-inclusive trip cost (including gratuity) is \$88 p/p.

Thursday, Dec. 31 – “New Year’s Eve Day Trip.”

Best of Times presents a cabaret show at the Hilton Double Tree in Leominster, MA, featuring Jan Peters and a music selection of popular Broadway and standard tunes, as well as material from promising new song writers. There will also be dancing to the Tom LaMark Orchestra. Meal choice of baked scrod or prime rib/roast sirloin/sirloin steak. All-inclusive cost (including gratuity) is \$92 p/p.